



## Greek Quinoa Salad

4 servings

20 minutes

### Ingredients

- 1 cup Quinoa (dry, uncooked)
- 1 3/4 cups Water
- 2 cups Cherry Tomatoes (halved)
- 1 tbsp Balsamic Vinegar
- 1/2 cup Basil Leaves
- 1/4 tsp Sea Salt
- 2 cups Arugula
- 1/2 cup Feta Cheese
- 1 cup Cucumber
- 1 tbsp Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	260
Fat	10g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	33g
Fiber	4g
Sugar	3g
Protein	10g
Cholesterol	17mg
Sodium	373mg
Vitamin A	1223IU
Vitamin C	14mg
Calcium	161mg
Iron	3mg

### Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let it simmer for 12 to 15 minutes, or until all the water is absorbed. Remove the lid and fluff with a fork. Mix in 2 tbsp. Olive oil
- 2 While quinoa is cooking halve the cherry tomatoes, chop arugula and basil.
- 3 Combine olive oil and balsamic together and mix into quinoa, then add all remaining ingredients.
- 4 Divide into portions and ENJOY!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to one month.

**Serving Size:** One serving equals approximately one cup.

**More Flavor:** Cook the quinoa using chicken broth. If you prefer to use your own dressing you can substitute it instead of the balsamic and oil.

**Additional Toppings:** Olives, bell pepper, slivers of carrots, use chopped spinach instead of arugula.